

Parks & Recreation

H e n r y C o u n t y

Program Guide
Winter • 2012



A MESSAGE FROM THE DIRECTOR

Dear Fellow Citizens:

The staff at Henry County Parks and Recreation would like to wish everyone a Happy and Healthy New Year as we welcome 2012. We have been busy planning a lot of fun activities to begin the New Year for children, adults, families and seniors. Please contact our office for information on any of the programs and facilities featured in this program guide.

All of the parks in Henry County are open 365 days a year, 366 days this year, and winter is a great time to explore the outdoors. Instead of spending the colder months inside, why not bundle up, get some fresh air and enjoy one of the many trails or parks available for your use.

Thank you for your interest in Henry County Parks & Recreation, and have fun!

Sincerely,
Roger Adams, CPRP

OFFICE INFORMATION

Henry County Parks & Recreation Office Information

Henry County Parks & Recreation is a member of the Virginia Recreation and Park Society (VRPS) and the National Recreation and Park Association (NRPA).
Henry County Parks and Recreation may be contacted, Monday - Friday 8:00am - 5:00pm at:

PO Box 7 • Collinsville, VA 24078

Phone: 276.634.4640 • Fax: 276.634.4637 • email: radams@co.henry.va.us

HENRY COUNTY PARKS & RECREATION STAFF

Roger Adams, CPRP
Director

Melissa Puckett
Senior Services Coordinator

William Flippen
Parks Maintenance Supervisor

Jay Rigney
Parks Maintenance Staff

Andy Mabe
Recreation Programmer

Renee Wood
Office Manager

Chad Turner
Parks Maintenance Staff

Ben Luther
Parks Maintenance Staff

Officiating Opportunities

Henry County Parks and Recreation is seeking individuals to work as officials in our Youth Sports Programs. Sports include Baseball, Softball, Flag Football, Tackle Football, and Girl's and Boy's Basketball.

The pay and hours vary with each sport. Contact our office for additional information.

FITNESS & SPORT

AFTER SCHOOL KARATE PROGRAM

In conjunction with Korean Martial Arts Academy, a martial arts program will be held on weekdays after school (3pm-4pm) at various elementary schools. The emphasis is on Safety, Self-Control, Physical and Mental Training, Respect, Loyalty, Courage, Honor and Courtesy. Classes are taught by Harold Gravely. Introductory class fees include a free uniform. For more information call 632.7360 or 638.6191.

Time/Days: 3:00pm - 4:00pm on select days
Location: Various Elementary Schools
Cost: \$95 for 3 months - payable to Korean Martial Arts Academy

START SMART BASKETBALL

Start Smart Basketball is a parent-child participation program for children ages 5-7, who have little experience playing basketball and want to prepare for recreation leagues. This program teaches children a variety of skills including: dribbling/ball handling, passing/catching, shooting and running/agility. This is an excellent way to prepare your child for organized basketball in a fun and easy to learn environment. Each participant receives the following: 1 participant manual, 1 mini basketball, 1 telson basketball, 4 cones, and 1 jersey (all included in the class fee). For more information or to register your child please contact 634.4640. Registration deadline is January 20th or when the class is full (Max. of 20 participants).

Time/Days: Mondays, January 23rd - February 27th
6:00pm - 7:00pm
Location: Collinsville YMCA
Cost: \$35

MEN'S INDUSTRIAL BASKETBALL LEAGUE

Games will be played throughout the week starting March 20th. Get your co-workers together and form a team! This is an organized league and officials will be at all games. Registration deadline is March 1st or when a maximum of 12 teams are signed up. Contact 634.4640 for more details.

Time/Days: Weekday evenings, starting March 20th
Location: TBD
Cost: \$250 team entry fee
Age: 18 and over

GIRLS ON THE RUN 5K RACE

Join us for the first annual New Balance Girls on the Run 5K (3.1 miles) event! This is a family friendly run/walk for boys, girls, men and women! This event will be the celebratory run for the completion of the first season of the Martinsville-Henry County Girls on the Run program! Participants will gather along with family, friends and community members to celebrate healthy living by completing this 5K course around beautiful Lake Lanier. Registration for the event will begin on Saturday, March 10, 2012 at 9:00am at active.com. You will find a link to active.com on the Girls on the Run website <http://girlstherunofmhc.org/> Race Packet pick-up will be held on Friday, April 20th at the Martinsville YMCA from 10:00am-5:00pm. Packets may also be picked up the morning of the event at the former Druid Hills Elementary School between 7:00 a.m.-8:30 a.m. This event is sponsored by The Martinsville-Henry County Girls on the Run Council, Henry County Parks & Rec., New Balance, Secret and Goody.

Time/Days: Saturday, April 21, 2012
7:00am-8:30am Check-in, 9:00am start of 5k
Location: Druid Hills Elementary School
Cost: Early Bird - \$20 (before April 6th); Race Day - \$25 (No shirt guarantee after April 6th)



MARTINSVILLE HALF MARATHON & 5K RACE

Join the Martinsville YMCA and Henry County Parks and Recreation for a half marathon and a 5k race starting at the Martinsville YMCA on Saturday, March 24th. Participants will run through uptown Martinsville and on the Dick and Willie Trail. All half marathon finishers will receive a finishers medal, t-shirt and a goody bag. 5k participants will receive a t-shirt. For more information or to register visit www.martinsvillehalfmarathon.com.

Time/Days: Saturday, March 24th, 8:00am
Location: Martinsville YMCA
Cost: Half Marathon: \$35 / \$40 after 1/15
\$45 after 3/1
5k: \$15 / \$20 after 1/15 / \$25 after 3/1

CHEER AMERICA

Cheer America is a fun and exciting cheerleading program for children ages 4-18. This class promotes coordination, confidence, poise, artistic expression, competitive spirit, and physical fitness. Students will learn the following: fundamentals of pom and cheerleading, dance routines, parade routines, cheers, chants, leaps, jumps, how to perform in front of audiences, and preparations for tryouts for Parks and Recreation, middle school and high school squads. Classes are 45 minutes of "Fun and Instruction". Recreational and competition classes are offered. Contact 634.4640 for more information.

Time/Days: 6:00pm-6:45pm for AGES 4-6
7:00pm-7:45pm for AGES 7 and older
Registration is January 24th
Location: Henry County Administration Building
Cost: Only \$7.00 per lesson which can be paid on a weekly basis. POM POMS and uniforms are available but not required for class. (Fees payable to Cheer America)

TAKE A WALK WITH ACTIVATE!

Everyday dawn to dusk: Smith River Sports Complex. Enjoy a walk on paved trails or a natural surface through the woods.

Monday - Friday: Martinsville YMCA. Low impact walk on the suspended indoor track 12noon-1pm

Everyday Dawn to Dusk: Philpott Dam. Start at the overlook or visitor's center and enjoy the scenic views.

Walk a Hound, Shed a Pound: MHC SPCA. Walk a shelter dog Tuesday - Friday 10am-6pm or Saturday 10am - 4pm.

Ever Weekday, 7:00am: Liberty Fair Mall. Walk everyday of the week, starting at 7:00am. Doors open at 1:00pm on Sunday.

SPECIAL ACTIVITIES

BEGINNING GUITAR

Have you always wanted to learn to play the guitar? Now's your chance! Let the skilled instructors from Woodall's Music set you on the road to creating music. Lessons will cover the basics from strumming chords, to tuning your guitar to playing songs. This class will be held for 6 weeks on Tuesdays, and will meet in the Henry County Administration Building from 7pm-8pm. Enrolled participants are eligible for a beginner guitar package discount at Woodall's Music. Cost for this class is only \$50 (plus book fee of \$9)! Pre-registration is required and registration deadline is March 2nd. Contact Woodall's Music at 647.1973 or Henry County Parks and Recreation at 634.4640.

Dates/Times: Tuesdays, 7:00pm - 8:00pm
Starting March 6, 2012
Location: Henry County Administration Building
Cost: \$50 pre-registration
(\$9 book fee payable on the 1st day of class)

BASIC SEWING CLASS

This class introduces beginners to the basics of sewing: sewing terms, using the sewing machine, selecting fabric, reading a pattern envelope, layout fabric and pattern, marking and cutting fabric. Learn how to interpret the pattern directions and sew each piece together. Participants must bring their own sewing machine to class. Call Henry County Parks and Recreation at 634.4645 for questions or to learn how to register.

Dates/Times: Class will be held after January 1, 2012
Location: Henry County Administration Building
Cost: \$30

BEGINNER PHOTOGRAPHY CLASS

Join Henry County Parks and Recreation for a Beginner Photography Class taught by Richard Dawson. Participants will learn the basic fundamentals of taking great photographs including exposure, metering, focus, depth of field, lenses, basic lighting, design elements and composition. Please call 634.4640 for more information.

Day/Time Tuesdays, starting January 10 for 4 weeks
6:30pm - 9:00pm
Location: Henry County Administration Building
Cost: \$40

INTRODUCTION TO PHOTOSHOP

Join Henry County Parks and Recreation for an Introduction to Photoshop course taught by Richard Dawson. Participants will learn how to alter, manipulate, crop, correct color and resize digital photos. Call 634.4640 for more information.

Day/Time February 21st
Location: Henry County Administration Building
Cost: \$15

GETTING PAID TO TALK

Have you ever been told that you have a great voice? This exciting class will explore numerous aspects of voice over work for television, film, radio, audio books, documentaries and the internet in your area. We will cover all the basics, including how to prepare the all important demo, how to be successful and earn great income in this exciting field. Students will have the opportunity to ask questions and to hear examples of demos recorded by professional voice actors. Class participants will even have a chance to record a commercial script under the direction of our Voice-coaches.com producer! Call 634.4640 for more information or to learn how to register.

Dates/Times: Tuesday, April 10th, 6:30pm - 9:00pm
Location: Henry County Administration Building
Cost: \$15

PHARMACY TECHNICIAN CERTIFICATION COURSE

This comprehensive 50 hour course will prepare students to enter the pharmacy field and take the Pharmacy Technician Certification Board's PTCB exam. Technicians work in hospitals, home infusion pharmacies, community pharmacies and other health care settings - working under the supervision of a registered pharmacist. Course content includes medical terminology specific to the pharmacy, reading and interpreting prescriptions and defining drugs by generic and brand names. Students will learn dosage calculations, I.V. flow rates, drug compounding, dose conversions, dispensing of prescriptions, inventory control and billing and reimbursement. Course Contact Hours - 50 hrs.

Dates/Times: Tuesdays & Thursdays
6:00pm - 9:30pm
January 24th, 2012 - March 13, 2012
Location: Henry County Administration Building
Cost: \$999 (textbooks included)

EASTER EGG HUNT

Children ages PK4 to Second Grade can search for over 4,000 prize filled eggs at Jack E. Dalton Park. Special door prizes will be awarded and egg hunting bags will be furnished to each participant. Pre-registration deadline is Tuesday, April 3rd. Contact 634.4640 for registration information.

Date/Time: Friday, April 6th
12:00noon
Location: Jack Dalton Park
Cost: Free



TRIPS / SPORTS EVENTS

WINTER SKI / TUBING TRIPS TO WINTER PLACE SKI RESORT

Join Henry County Parks and Recreation as we travel to Winter Place Ski Resort for a fun-filled winter adventure. Please call our office at 634.4640 for more information.

Time/Days: January 19th / February 10th
Location: Winter Place Resort
Cost: Lift Tickets:
Adult \$47, Child \$40.50
Equipment Rental:
Adult \$24.50, Child \$21
Prices will be slightly higher for less than 15 person group.

ATLANTA BRAVES BASEBALL TRIP

Join Henry County Parks and Recreation as we travel to Atlanta, Georgia to watch the Atlanta Braves play the Boston Red Sox at Turner Field. For more information or to put your name on the sign up list, please contact 634.4645. This will be a 3 day, 2 night trip to ATL and we will attend two games. More trips details to come.

Time/Days: June 22nd - June 24th
Location: Turner Field, Atlanta, Georgia
Cost: Please call 634-4645 for pricing details.

coming soon... SUMMER MOVIES IN THE PARK

Join us this summer
for our 3rd year of
Movies in the Park.

We will show a
blockbuster movie
in Jack Dalton Park one
Friday night a month in
June, July, and August.



SPECIAL EVENTS & ACTIVITIES

VALENTINES FOR VETS

Remember our veterans with a special Valentine card. Be creative and brighten a United States Veteran's day. Cards that are turned in to Henry County Parks and Recreation will be delivered to the US Veterans Hospital in Salem, VA in time for Valentines Day. Contact Henry County Parks and Recreation for more information.

Date/Time: Deadline for cards - Friday, February 3rd
Location: Henry County Parks and Recreation
Cost: No Cost

VALENTINE'S DAY CRAFT

Join Henry County Parks and Recreation for a Valentine's Day-themed craft class. Participants will create a Valentine's Day card for that special someone. Children must be pre-registered for the class. Class is limited to 12 children. Contact Henry County Parks and Recreation at 634.4640 for registration information.

Date/Time: Friday, February 10th, 3:30pm - 4:30pm
Location: Henry County Administration Building
Cost: \$5

WINTER CRAFTS

Join Henry County Parks and Recreation for a winter themed craft class. Participants will experience a fun, hands-on activity that will stimulate learning and creativity. The children will make and take home their special craft. Children must be pre-registered and program is limited to 12 children. Contact Henry County Parks and Recreation at 634.4640 for registration information.

Date/Time: Tuesday, January 17th, 3:00pm
Location: Henry County Administration Building
Cost: \$5

Is there a program, class, trip, etc. that you would like to see us offer? Do you have expertise in a certain area and want to teach a program, class, event, etc.? Please send any suggestions or comments to Andy Mabe at amabe@co.henry.va.us or 634.4645.

50 PLUS CLUB

DROP-IN HEALTH SCREENINGS

The drop-in health screenings are free and available to all adults 50 and above. These screenings are designed to promote awareness and healthier lifestyles for seniors.

GOLDEN LIVING CENTER WILL CONDUCT A FREE BLOOD PRESSURE SCREENING:

Time/Days: January 17, February 21, March 20 and April 17
from 12:30pm to 1:00pm
Location: Room # 1 of the Henry County Admin. Bldg.
Cost: Free

PRIVACARE WILL CONDUCT A FREE BLOOD SUGAR SCREENING

Time/Days: January 10, February 14, March 13 and April 10
from 8:00am to 9:00am
Location: Room # 1 of the Henry County Admin. Bldg.
Cost: Free

CLUBS

SMITH RIVER VALLEY CANOE CLUB

Club meets to promote the year round sport of canoeing/kayaking. Information on equipment, skills and river destinations will be discussed. Rolling sessions held weekly. Contact: BR Bryant 638.4306 or email: creek@webtv.net. See website for location and cost. Their webpage is www.groups.yahoo.com/group/srvcc.

Time/Days: Third Tuesday, Monthly, 7:30pm

PATRICK HENRY PATRIOT RC CLUB

Radio Control Model Aviators meet monthly to promote and encourage the Radio Control Model Aviation hobby. During warm weather months the club meets at PATRIOT R/C FIELD located just beyond the Convenience Center on Jack Dalton Road. New members are always welcome! Visit the Patriot Website: www.phprc.net.

Time/Days: Second Tuesday, Monthly • 7:00pm
Location: Henry County Admin. Bldg.
Patriot Flying Field
Cost: See club members for dues info.

HENRY COUNTY PHOTOGRAPHY CLUB

Local photographers from novice to professional, meet monthly for open discussion about photography. Membership is free. Please bring your camera and/or photographs to share with the group. Check out their website: www.hcpoamphoto.org. Cost: Free

Time/Days: First Monday, Monthly, 7:00pm
(2nd Monday in January)
Location: Henry County Admin. Bldg.

BIKE CLUB

Our Bike Club is open to participants of all ages and skill levels. Weekly rides and monthly meetings vary, see website for more details. For more information, please call 634.4645 or go to <http://henrycountybikeclub.org> to join the club. Cost: No Fees.

Time/Days & Location: Varies

BLUE RIDGE SKI AND OUTING CLUB

The BRSOC meets monthly to promote getting active outside. Members enjoy a wide variety of activities together, including hiking, canoeing, biking, traveling, wake boarding, picnicking, and snowboarding. Contact: DENNIS E. REEVES, Long Distance Trip Director, Phone 340.5339 or 638.8591 for info or visit the website www.BRSOC.org. Location: see website.

Time/Days: Second Thursday, monthly • 6:00pm
Cost: Single = \$15/year, Family = \$27.50/year

MARTINSVILLE - HENRY COUNTY RUNNING CLUB

Henry County is starting an area running club for local runners. Please call Henry County Parks and Recreation at 634.4640 if you are interested in learning more or becoming a member.

DROP-IN ACTIVITIES

- Bingo** 1st & 3rd Tuesday of each month
1:00 p.m.
- Bridge** 1st and 3rd Thursday of each month
12:30 p.m.
(Please have four people to play at your table.)
- Rook** 2nd Tuesday of each month
12:30 p.m.
- Walking Club** Mondays & Wednesdays
(Call office for time and location)

Activities are held at the Henry County Administration Building in Room #1 (right side room next to the main boardroom.)

50 PLUS CLUB

SENIOR TRANSPORTATION

Henry County Parks and Recreation provides transportation services to senior citizens, particularly those who reside in rural areas, that are residents of Henry County and are sixty years of age and older. Preference is given to elderly, transportation disadvantaged and disabled. Contributions are accepted. For a ride, call 634.4644.

Regular Transportation Schedule
Monday – Wednesday – Senior Nutrition Sites
Monday – Friday - Demand Response

SENIOR NUTRITION SITES

Join us for entertainment, socializing and a good hot lunch. This program is for seniors sixty years of age and older and all income levels. Come join the fun, food and fellowship. If you are interested in attending, please call 634.4644.

Time/Days:	Mondays, 11:00am – 1:00pm
Location:	Moral Hill Missionary Baptist Church in the fellowship hall
Cost:	Suggested donation
Time/Days:	Tuesdays, 11:00am – 1:00pm
Location:	Preston Community Center
Cost:	Suggested donation
Time/Days:	Wednesdays, 11:00am – 1:00pm
Locations:	Bassett United Methodist Church in the fellowship hall
Cost:	Suggested donation

"SENIOR LINK"

This quarterly publication contains the most recent up-to-date information regarding activities and programs available to seniors in the Henry County area. To be placed on the mailing list, call Lois at 634.4644.

BREAKFAST CLUB

The Breakfast Club is open to all adults age 50 and above. This program is designed to be a fun and socially interactive way to meet people and enjoy breakfast in a nice atmosphere.

Time/Days:	4th Tuesday of each month, 8:30am
Location:	
January 24	Clarence's Steak & Seafood 6636 Greensboro Road Ridgeway, VA
February 28	Chris's Restaurant 2468 Kings Mountain Road Martinsville, VA
March 27	Bojangles 1515 Virginia Avenue Martinsville, VA
April 24	Fieldale Café 63 Marshall Way Fieldale, VA
Cost:	Individual is responsible for cost of breakfast

BRIDGE CLUB

The Bridge Club is open to all adults age 50 and above. Bridge is designed to be a fun and socially interactive way for seniors to enjoy playing cards. Those beginners who know how to play as well as experienced Bridge players are welcome. For additional information, please call 634.4644. (To ensure no one goes away without playing, please plan ahead to have four people at your table.)

Time/Days:	12:30pm, 1st & 3rd Thurs. of each month
Location:	Henry County Admin. Bldg. Room #1
Cost:	Donation

WALKING ON THE DICK & WILLIE PASSAGE

Let's go walking on the Dick & Willie Passage. This 4.5 mile paved trail follows the path of the old Danville & Western Railway, starting on the west end of Virginia Avenue, continuing across Martinsville & Henry County and ending at Mulberry Creek. We plan to walk on Mondays and Wednesdays, weather permitting, to introduce you to different sections of the trail. Just remember that any increase in walking will promote good health. Seniors interested in this program will need to pre-register with Henry County Parks & Recreation Senior Services at 634.4644.

Time/Days:	Mondays & Wednesdays 9:00am weather permitting
Location:	Doyle Street Trailhead of the Dick & Willie Passage
Cost:	Free

OUT-TO-LUNCH BUNCH

The Out-To-Lunch Bunch is open to all adults age 50 and above. Join us at a local restaurant for lunch. Everyone is welcome.

Time/Days:	3rd Tuesday of each month • 1:00pm
Location:	
January 17	Pizza Hut 2914 Virginia Avenue Collinsville, VA
February 21	Clarence's Steak & Seafood 6636 Greensboro Road Ridgeway, VA
March 20	Texas Steakhouse & Saloon 283 Commonwealth Blvd. Martinsville, VA
April 17	Walsh's Chicken & More 600 Starling Avenue Martinsville, VA
Cost:	Individual is responsible for cost of lunch

SENIOR WINTER/SPRING BOWLING LEAGUE

The Senior Winter/Spring Bowling League is open to all adults age 50 and above. The senior bowling league is designed to be fun and allow for seniors to get some exercise. Beginners as well as experienced bowlers are welcome. Pre-registration is required to bowl. Names will be taken on a first-come, first-serve basis. For additional information or to pre-register, please call 634.4644. Registration ends December 30, 2011 or when teams are filled.

Time/Days:	Wednesdays • 9:00am Beginning January 4, 2012 Practice begins at 8:50am
Location:	Sportlanes in Collinsville
Cost:	\$4.25 for three games, includes bowling ball and shoes

CAPTAIN'S CHOICE GOLF TOURNAMENT AT BASSETT COUNTRY CLUB

Henry County Parks & Recreation will sponsor a Captain's Choice Golf Tournament for Seniors at Bassett Country Club. Trophies will be awarded and refreshments will be served. Pre-registration is required. For additional information and to request a registration form, please call 634.4643.

Time/Days:	Monday, April 30, 2012 • 9:00am
Location:	Bassett Country Club
Cost:	TBD

LINE DANCE

Line Dance Class is open to all adults age 50 and above. Line Dance Class is designed to be a fun way of learning new line dances and encourage social interaction with other seniors.

Time/Days:	Tuesdays at 10:00am starting January 3, 2012
Location:	Teresa's School of Baton and Dance 50 Coffman Drive, Collinsville, VA
Cost:	Weekly or monthly fee

SENIOR LADIES SAFETY & FIREARMS CLASS

The Henry County Sheriff's Office in cooperation with the Henry County Parks & Recreation Department will sponsor a safety and firearms class for ladies 50 years of age and older. Information will be provided on gun safety and ladies will have an opportunity to shoot at the range. You are required to furnish your own firearm, bullets or blanks, and transportation to the shooting range. Pre-registration is required. For additional information or to pre-register, please call 634.4644 before April 10, 2012. Cost: Free.

Time/Days:	Monday, April 16, 2012, 1:00pm
Location:	Henry County Sheriff's Office Conference room and shooting range. The shooting range is located on Jack Dalton Road past the Jack Dalton Park and green boxes.

THE VIRGINIA HOME INN

Join Henry County Parks & Recreation for a special lunch and tour of the Virginia Home Inn which is listed on the National Register of Historic Places by the Interior Department and listed on the Virginia Landmark Register. The historic Virginia Home Inn of Fieldale, Virginia is once again open to the public after extensive renovations. The Virginia Home Inn was built for Marshall Fields in 1920, and this 22-room home is now a Bed & Breakfast that sits on almost 2 acres of gardens, lawn and woods. Join us for lunch filled with plenty of southern hospitality and a most enjoyable meal. For additional information or to make reservations, please call 634.4644 by Friday, March 2, 2012.

Time/Days:	Thursday, March 8, 2012, 1:00pm
Location:	The Virginia Home Inn, 986 Field Avenue, Fieldale, VA
Cost:	Individual is responsible for cost of lunch and tour of home.

MOVIE DAY

Henry County Parks & Recreation plans to spend a few afternoons at the movie theater. The movies that play in our area may change from week to week and that change generally occurs on Fridays. We will announce the movie we plan to attend on or before the Friday before the week we plan to go. Give us a call at 634.4644 to check on the movie we plan to see and for additional details. If you choose to provide us with an e-mail address, we will be happy to send the information to you. Hope you make plans to join us.

Time/Days:	To be determined
Location:	Varies
Cost:	To be announced

MARTINSVILLE URGENT CARE MONTHLY HEALTH SCREENING

Martinsville Urgent Care will be available every 4th Thursday of each month to provide various health screenings and health care information. A member of their staff will be available to check your blood pressure and conduct a random blood sugar test. Flu shots will be available for anyone who still may be in need of having a flu shot and Ashbrook Audiology will be available to conduct hearing tests. Amedysis Home Health Care will be available to discuss disease management and Blue Ridge Village will be available to discuss alternative health care needs. For additional information, please call Henry County Parks & Recreation at 634.4644.

Time/Days:	January 26, February 23, March 22, April 26 8:00am - 11:00am
Location:	Henry County Administration Bldg. Rm. #1
Cost:	Free

INDOOR CORNHOLE

Join Henry County Parks and Recreation for an afternoon of Cornhole. Cornhole (bean bag toss) is a fun, competitive game that is great for people of all ages and skill levels. Cornhole will be played indoors at the Collinsville Branch Library. Refreshments will be provided and prizes will be awarded to those who win. For more information or to learn how to register, please call 634.4644.

Time/Days:	Monday, April 23, 2:00pm - 4:00pm
Location:	Collinsville Branch Library 2540 Virginia Avenue, Collinsville, VA
Cost:	Free

MOVIE TIME AT THE COLLINSVILLE BRANCH LIBRARY

The Collinsville Branch Library in cooperation with Henry County Parks & Recreation will show a selected movie on the second Monday of each month at 2:00 pm. A popular film will be chosen each month and these films will feature scenes and action from all around the world. An example of food from that location will be provided as a snack during the movie. The name of the movie will be posted in the library. There is no charge for the movies, and no registration is required. For more information, call 647.1112.

Time/Days:	Second Monday of each month, 2:00pm
Location:	Collinsville Branch Library 2540 Virginia Avenue, Collinsville, VA
Cost:	Free

BEGINNING CROCHET

Henry County Parks & Recreation will sponsor a crocheting class for adults 50 years of age and older. If you are interested in learning the basics for crocheting, this is the class for you. Rita Shively will instruct the class. For additional information or to pre-register, please call 634.4644 by January 30, 2012.

Time/Days:	Thursday of each week, starting February 2, 2012 Class is from 10:00am until 12 noon
Location:	Collinsville Branch Library 2540 Virginia Avenue, Collinsville, VA
Cost:	\$10 per person for six weeks. Participants will need to bring a size H crochet hook and cotton yarn to first class.

50 PLUS CLUB

VALENTINE'S LUNCH

The Valentine's Lunch is open to all adults age 50 and above. Everyone is asked to bring a covered dish for lunch. The drinks and coffee will be furnished.

Time/Days: Friday, February 3 at 12:00 noon
Location: Woodmen of the World Building
310 Wagoner Road in Collinsville
Cost: Donation of \$1.00 is requested

ST. PATRICK'S DAY LUNCHEON

The St. Patrick's Day Lunch is open to all adults age 50 and above. Everyone is asked to bring his or her favorite covered dish to share for lunch. The drinks and coffee will be furnished. Dress like a Leprechaun and you might win a prize. Door prizes will be awarded to the best-dressed Leprechaun.

Time/Days: Friday, March 9 at 12:00 noon
Location: Woodmen of the World Building
310 Wagoner Road in Collinsville
Cost: Donation of \$1.00 is requested

FUNDAMENTALS OF BOWLING

Sportlanes and Henry County Parks & Recreation will be hosting a class designed to teach seniors the fundamentals of bowling. Learn the basics of bowling in just a few short weeks. The class will teach you how to properly hold the bowling ball, how to roll the bowling ball, using proper stance, and utilizing the computer for scoring. Beginners and experienced bowlers are welcome to attend. Pre-registration is required by calling 634.4644. Space is limited so please sign up early.

Time/Days: Thursday of each week for five weeks
Beginning January 12 and March 8,
9:30am - 10:30am
Location: Sportlanes
10 Koehler Road, Martinsville, VA
Cost: \$15 for five weeks

ART OF THE MONTH

Join us for our Art of the Month class. Karen Eggleston, QVC artist, will instruct the class at the Collinsville Branch Library on the third Monday of each month except in January 2012. The date in January has been changed due to a holiday. This unique craft also makes a great gift! Space is limited so pre-register early.

Time/Days: Mondays • Class Times offered are
3-5pm and 6-8pm

January 30 "GRAPES ON A BOTTLE"
We will paint grapes on a bottle of the student's choice and insert lights to create a "night light" or simply a nice decoration.
Cost: \$15 includes supplies.

February 20 "A WINTER SCENE"
We will paint a winter scene including a snowman and trees (on the back) of a wine bottle. Then we simply add an attachment to change the bottle into an oil lamp.
Cost: \$15 includes supplies.

March 19 "ART IN THE KITCHEN"
We will make a salad with an edible bowl. It will be a great idea for entertaining family and friends during Easter. The salad looks like grass and is colorful with purple onions, carrots, and almonds. We will create a special citrus dressing to drizzle over the salad.
Cost: \$8 includes supplies and recipe.

April 23 "GOLD FISH ON A LARGE VASE-FISHBOWL"
You will need to bring paint brushes and an apron. **Cost:** \$15 includes supplies.

Location: Collinsville Branch Library
2540 Virginia Avenue, Collinsville, VA

BEGINNING KNITTING

Henry County Parks & Recreation will sponsor a knitting class for adults 50 years of age and older. If you are interested in learning the basics of knitting, this is the class for you. Fern Kanode will instruct the class. For additional information or to pre-register, please call 634.4644 by January 19, 2012.

Time/Days: Thursday of each week, starting January 26—
Class is for 6 weeks from 10:00am-12 noon
Location: Blue Ridge Regional Library
310 East Church Street, Martinsville, VA
Cost: \$10 per person for six weeks
Participants are responsible for furnishing supplies.

ADVANCED KNITTING

Henry County Parks & Recreation will sponsor an advanced knitting class for adults 50 years of age and older. If you are interested in learning advanced knitting techniques, this is the class for you. Fern Kanode will instruct the class. For additional information or to pre-register, please call 634.4644 by January 19, 2012.

Time/Days: Thursday of each week, starting January 26
Class is for 6 weeks from 12noon-2pm
Location: Blue Ridge Regional Library
310 East Church Street, Martinsville, VA
Cost: \$10 per person for six weeks
Participants are responsible for furnishing supplies.

BOOK BINGO

Henry County Parks & Recreation and the Collinsville Branch Library will sponsor Book Bingo for adults 50 years of age and older. If you are interested in learning about great books, winning prizes and light refreshments, this is the activity for you. For additional information please call 634.4644.

Time/Days: February 28 and April 24
1:30pm - 3:00pm
Location: Collinsville Branch Library
2540 Virginia Avenue, Collinsville, VA
Cost: Free/Donations of books accepted

SENIOR BOWLING APPRECIATION DAY

Henry County Parks & Recreation and Sportlanes are proudly sponsoring Senior Bowling APPRECIATION DAY. Senior bowling is a great way for people to get active, get healthy and have fun. We appreciate those seniors who are bowling on the senior leagues and would like to encourage additional senior participation in the leagues. Bowling could play a part in promoting a healthier lifestyle for you. We invite anyone 50 years of age and older to bowl with us for free on Friday, December 30 at Sportlanes from 9:00 am to 12 noon. We will have information available about the upcoming senior leagues. Bring a friend and join us for some fun.

Time/Days: Friday, December 30, 2011
9:00am - 12:00pm
Location: Sportlanes
10 Koehler Road, Martinsville, VA
Cost: Free for individuals 50 years of age and older

UPCOMING TRAVEL NEWS...

Wohlfahrt Haus Dinner Theatre

Join us for a trip to the Wohlfahrt Haus Dinner Theatre in Wytheville, Virginia to see Under the Boardwalk, on Thursday, April 12, 2012. Motorcoach transportation, lunch, gratuity, and show included.

Time/Days: Thursday, April 12, 2012
Location: Wohlfahrt Haus Dinner Theatre
in Wytheville, VA
Cost: \$68
Payment deadline is February 29, 2012

FOURTH ANNUAL SENIOR SYMPOSIUM

The Fourth Annual Senior Symposium – "The Race of a Lifetime" will be presented by Bassett Funeral Service, Martinsville Senior Center and Henry County Parks and Recreation on Thursday, March 22, 2012. The event will be at the National Guard Armory in Martinsville from 8:00 a.m. – 1:00 p.m. Debbie Warren, Director of Aftercare at BFS, says that they are covering a wide array of topics and if you need a good place for information, their symposium would be it. There will be a lot of information for seniors and their families. There will be more than 30 vendors displaying services that are available in our community as well as a variety of speakers addressing senior issues.

There is no cost to attend. However, the event will include a free lunch for those who pre-register. You may pre-register by calling Debbie Warren at BFS at 629.1770, Martinsville Senior Center at 403.5260 or Henry County Parks and Recreation at 634.4644.

Time/Days: Thursday, March 22 from 8:00am - 1:00pm
Location: National Guard Armory, Martinsville, VA
Cost: Free/Must pre-register in order to eat lunch

EAT SMART AND MOVE MORE

Join Kim Hairfield with the Virginia Cooperative Extension office, for Virginia's Family Nutrition Education Program, Eat Smart and Move More. She will demonstrate very simple changes to your everyday life that will have a positive impact on your future and offer tips on nutrition.

Each week we will sample a low cost recipe and have new recipes to take home. After you attend four classes you will receive a free cookbook and cooking tools. So come on out to see how you can make simple changes for a healthy life!

Time/Days: Thursday of each week for 8 weeks,
starting January 5, 1:00pm - 2:00pm
Location: Collinsville Branch Library
Cost: Free

ZUMBA GOLD

Join Henry County Parks & Recreation and the Martinsville Henry County Coalition for Health and Wellness for Zumba Gold Fitness Class. Zumba Gold targets the largest growing segment of the population: baby boomers. It takes the Zumba formula and modifies the moves and pacing to suit the needs of the active older participant, as well as those just starting their journey to a fit and healthy lifestyle. What stays the same are all the elements the Zumba Fitness-Party is known for: the zesty Latin music, like salsa, merengue, cumbia and reggaeton; the exhilarating, easy-to-follow moves; and the invigorating, party-like atmosphere. Active older adults want camaraderie, excitement and fitness as a regular part of their weekly schedule. Zumba Gold is the perfect fit. It's a dance-fitness class that feels friendly, and most of all, fun. For additional information or to pre-register, please call 634.4644.

Time/Days: Tuesday and Thursday mornings at 9:00am
Location: Clearview Wesleyan Church
925 Barrows Mill Road
Martinsville, VA
Cost: Free

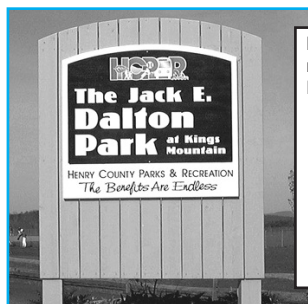
Mystery Trip

Join us for a Mystery Trip. Please call the office for additional information and to pre-register.

Time/Days: TBD
Location: ???
Cost: TBD

For additional information regarding cost or to make reservations, please call 634.4644. The information contained in this publication regarding dates, times and cost are subject to change.

THERE'S SOMETHING FOR EVERYONE AT A PARK

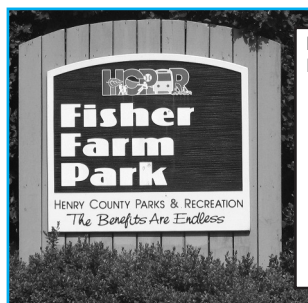
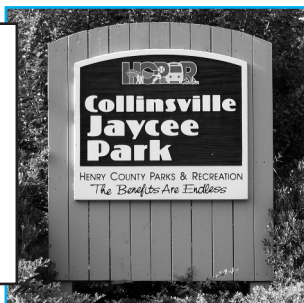


Located in Collinsville behind the Henry County Administration Building on Jack Dalton Road.
Facilities include:

- Lighted, Paved Walking Trail
- Beach Volleyball Court
- Picnic Shelter
- Restrooms
- Two Baseball / Softball Fields
- Open Space
- Playground
- Cooking Grills

Located in Collinsville on Parkwood Court.
Facilities include:

- 4 Lighted Tennis Courts
- Two Picnic Shelters
- Hiking Trail
- Cooking Grills
- Playgrounds
- Restrooms
- Open Space
- Wooded Areas

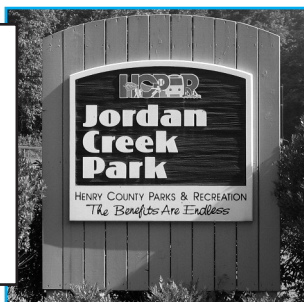


Located in Ridgeway on Leisure Trail.
Facilities include:

- Playground
- Two Picnic Shelters
- Open Space
- Wooded Areas
- Two Baseball / Softball Fields
- Restrooms
- Cooking Grills

Located in Fieldale on Creekside Drive.
Facilities include:

- 2 Lighted Baseball / Softball Fields
- Open Space
- Picnic Shelter
- Playground
- Restrooms
- Cooking Grills

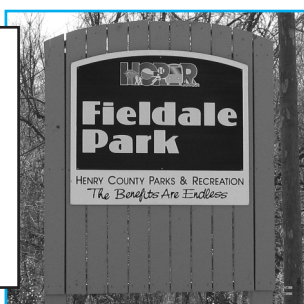


Located in Martinsville on DuPont Road.
Facilities include:

- Hiking Trails
- Picnic Areas
- Cooking Grills
- Wooded Areas
- Creeks and Streams

Located in Fieldale on Field Avenue.
Facilities include:

- Baseball / Softball Field
- Picnic Shelter
- Cooking Grills
- Restrooms
- Open Space



Henry County Parks and Recreation operates and maintains seven parks and eighteen other recreational facilities with a total of 435 acres in the county. All of our parks have recently been renovated and offer a variety of recreation opportunities. The parks, their locations and amenities are described herein.

If your family, church or company is planning a special event, the Henry County Parks and Recreation Shelters located at our parks make great locations for gatherings. With all of the amenities we provide, we are sure you will find a park and location that is suitable for your event. Reservations may be made six months to the day in advance in our office. Reservations may also be made online. Please contact our office for a username and on-line password.

Rates for the shelters are:

LARGE SHELTERS

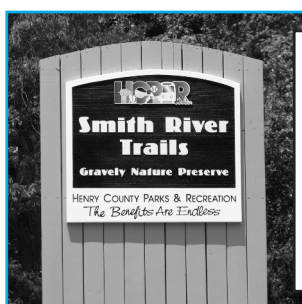
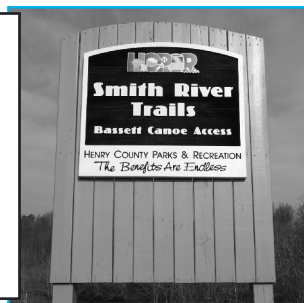
.....Full Day - \$30.00

SMALL SHELTERS

.....Full Day - \$20.00

The Smith River Trails include:

- Bassett Canoe Access
- The Great Road Canoe Access
- Fieldale Canoe Access
- Doe Run Canoe Access
- South Martinsville Canoe Access
- Sports Complex Canoe Access
- Marrowbone Canoe Access
- Mitchell Bridge Canoe Access
- Fieldale Walking Trail
- Dick and Willie Rail Trail



Located in Ridgeway on Eggleston Falls Road.
Facilities include:

- Hiking Trails
- Picnic Shelter
- Cooking Grills
- Wooded Areas
- Restrooms

YOUTH ATHLETICS

FUN LEAGUE BASEBALL

League play is offered for boys
and girls ages 7-8
as of April 30, 2012

Teams are based at each
elementary school.

Registration Deadline:
March 12, 2012

Practice & Game Dates:
April through June

BOYS BASEBALL

League play is offered for boys
ages 9-14
as of April 30, 2012

Teams are based at each
elementary and middle schools.

Registration Deadline:
March 12, 2012

Practice & Game Dates:
April through mid July

GIRLS SOFTBALL

League play is offered for girls
ages 9-14
as of April 30, 2012

Teams are based at each
elementary and middle schools.

Registration Deadline:
March 12, 2012

Practice & Game Dates:
April through mid July

Our department has a weather hotline number that parents and coaches can call on days when it has been raining to find out if games are still being played. Call after 4:00pm on weekdays and 9:00am on Saturdays. **634.4636**

DRIBBLE AND SHOOT COMPETITION SUNDAY, FEBRUARY 12, 2012

Sponsored by: Henry County Parks & Recreation and Martinsville Parks & Recreation.
The competition is open to boys and girls ages 8-15 and will be held at the Collinsville YMCA.
Registration begins at 1:00pm. Event starts at 1:15pm.

*Henry County Parks and Recreation recognizes that it is volunteers who help make our services run smoothly; from teens to coaches to seniors.
In celebration of National Volunteer Week which is April 15th – 21st,
we would like to thank all our Volunteers for graciously giving of their times and talents to our department.*

VOLUNTEER YOUTH SPORTS COACHES DESERVE SPECIAL MENTION

We would like to thank the following coaches for taking time to be a volunteer youth sport coach. The time spent and your commitment are valuable to thousands of Henry County children and is appreciated by the Henry County Parks & Recreation Staff.

FLAG FOOTBALL

BJ Smith
Bobby Holthausen

Corian Moss
Charles Wright

Glenn Wells

Tim Gleason

GIRL'S BASKETBALL

Mark Tilley
Paul Ford
Lora Lovelace
Elvis Moyer
Marion McGhee
Christina Moore

Lorrie Lowery
Stephanie Gravely
Tierra Baliles
Ken Moyer
Danny Newman

Darryl Mize
Brenda Moore
Rhonda Hamlett
Jennifer Adams
Carlan Craig

Donnie Pritt
Keith Pamplin
Steve Tatum
Tina Hairston
Sheranda Millner

TACKLE FOOTBALL

Jason Moody
Charles Holloway
Gary Haynes
Gary Toler

Neil Easley
Timmy Barnwell
Jeff Houchins

Terrance Dodson
Gary Conner
Wayne Perkins

Albert Ramey
Robbie Divers
Roderick Ross

FOOTBALL SPIRIT SQUAD

Abby Alderman

Rhonda Beal

Lynn Turner

Sherry Young